

Book 9

Title: Warning in combining allopathic medicine with herbal medicine

1. It is incumbent on the one taking herbal medicine to do their research diligently before taking herbal medicine.
2. Herbal medicine is very potent, and because it gets to the root of the problem i.e. the glands, hormones, nervous system, etc. It is not always advisable to take some herbs for longer than a week 2; a sort of bodily detox; as you end up using plenty of fluid and can lose dangerous amounts of weight. So be diligent and watch out for the signs your body gives you and take the necessary breaks required from herbal medicine, especially when combining it with allopathic medicine.
3. In allopathic medicine, I am taking diazepam, a benzodiazepine and anxiolytic (aids against anxiety), prochloridine (aids against